



2021 WISCONSIN LONG COURSE REGIONAL CHAMPIONSHIPS  
July 16-18, 2021  
Wisconsin Swimming Sanction #WI2021-277S



In granting this sanction it is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

## GENERAL MEET INFORMATION

- Meet Host: Southwest Aquatic Team (SWAT)
- Location: Pleasant Prairie Rec Plex, 9900 Terwall Terrace, Pleasant Prairie, WI 53158  
*Entrance to the Aqua Arena for all participants is on the south side of the building (West Entrance)*
- Meet Director/Meet Referee: Mike Mellock [mikemellock@gmail.com](mailto:mikemellock@gmail.com)  
Admin Official/Entry Chair: Brian Temke [entrychair@swimswat.org](mailto:entrychair@swimswat.org)
- Meet Website: [www.swimswat.org](http://www.swimswat.org) (look for "Summer LCM Regionals" link on the main page)
- General Meeting: If needed, a General Meeting will be held virtually on Thursday, July 15th, 2021 at 7:00 PM via Zoom. It will be recorded and posted on the host teams' website.
- Facility: The competition pool is a 10-Lane, 50-meter pool ranging from 7'0" - 7'1" in depth. Lanes are 7'4" wide with 6" Kiefer Wave Eater Lane Lines and Kiefer Elite Starting Platforms. CTS Backstroke Start Wedge system may be used. Colorado Timing System and Display will be used. The competition Course has been certified in accordance with USA Swimming Rules.
- Parking: Free Parking is available at the following locations: 1) Auxiliary Lots across the street from the pool; 2) Lot on the Northeast side of Building; and 3) street parking in front of the facility.
- Deck Access: Deck access is restricted to participating athletes, coaches, working officials, volunteers and other meet personnel (marshals, timers, etc.) All athletes, coaches, working officials, volunteers and other meet personnel will be issued a credential tag. This tag must be visible at all times when on the pool deck. Deck Pass is an acceptable proof of membership in USA Swimming to receive credentials.
- Spectator Admission: **Update 7/1/21: Each athlete will be allowed one spectator in the balcony seating area. To avoid the transfer of cash, SWAT will add a \$10 admission surcharge to each athlete entered in the meet.** The full spectator policy is posted at [www.swimswat.org](http://www.swimswat.org). The meet will be live streamed via YouTube at [www.swimswat.org](http://www.swimswat.org)
- Concessions: Athletes can bring refreshments (liquids) but NO GLASS containers are allowed. There may be concessions available at the RecPlex Splash Bar on the east end of the facility.
- Lost and Found: Please check the lost and found area near the entry desk and automatic sliding doors. Check in the Shark Room for valuable lost items. The facility and the meet host are not responsible for lost items. Items not picked-up by the end of the meet will be discarded or donated.

## RULES AND PROCEDURES

- Official Rules: Official Current USA Swimming and Wisconsin LSC rules shall prevail for this meet except as otherwise specified in this meet information. Swimming Athlete Members with their age as of the first day of the meet. Deck Pass is acceptable proof of USA Swimming membership – All Coaches and Officials are required to check in and prove that their USA Swimming Membership is in Good Standing.
- Disability Swimmers: Please note any special requirements and/or requests for a swimmer with disability with your meet entry. All requests for swimmers with disabilities must be received before the start of the meet.
- MAAPP Acknowledgement: All applicable adults participating or associated with the respective meet to which this information applies, acknowledge that they are an applicable adult, subject to the provisions of USA Swimming's MAAPP, and that they understand that compliance with the MAAPP Policy is a condition of participation in the conduct of this competition. Times achieved by an athlete member at a sanctioned meet who is over 18 years of age who had not completed the Athlete Protection Training (or whose APT training had expired) by the date of the swim, will not be able to be uploaded to SWIMS.
- Start Certification: Any swimmer entered in the meet must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water. Further, those participants not proficient with a backstroke ledge may not use the backstroke ledge. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.
- Video and Photo: On-Deck image recording, videotaping, and photography are allowed during this competition by approved USA Swimming Member Coaches, Media, Webcasting staff and Host Photographer in their professional capacities. Those individuals MUST agree to and follow MAAPP policy and act in a manner consistent with Wisconsin Swimming Policy 27. To withhold consent, please complete the withdrawal of consent form located on the host team's website (copies of this form will also be available with Meet Management).
- Conduct: Please follow the athlete and parent conduct guidelines below. Anyone not following these rules may be subject to removal from the meet and facility.
- Each team is responsible for the conduct of its swimmers and spectators.
  - ***Teams are asked to pick up any garbage in their immediate team area after each session.***
  - No coolers, chairs, blankets or large bags will be allowed in the spectator area.
  - No chairs or sleeping bags are allowed in the hallways.
  - Use of audio or visual recording devices, including cell phones, is not permitted in changing areas, restrooms, locker rooms or behind the blocks. No filming or picture taking under water is allowed.
  - Deck Changing is prohibited.
  - Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.

- No underwater video recording equipment is allowed at any time during the meet.
- No parents are allowed on deck at any time, except when serving as counters for distance events, timers, or other meet volunteers.
- No glass containers of any kind are allowed on deck or in locker room areas. Violators are subject to removal from meet and/or a meet disqualification.

COVID 19 Information: **COVID -19 RISK ACKNOWLEDGEMENT**

In applying for this sanction(ed event), the Pleasant Prairie Rec Plex and Southwest Aquatic Team agree to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Wisconsin Swimming, Inc., the State of Wisconsin and the Kenosha County Health Department

We have taken enhanced health and safety measures – for you, the other participants, and meet staff. You must follow all instructions while visiting RecPlex. An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and guests with underlying medical conditions are especially vulnerable. By visiting the RecPlex, you voluntarily assume all risks related to exposure to COVID-19.

USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19

BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND WISCONSIN LSC AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP

ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION.

**OFFICIALS INFORMATION**

- Officials Meetings: Officials Meetings and Timers Meetings will be held 30 minutes before the start time of each session.
- Application to Officiate: Please check the Meet Landing Page for the application to officiate.
- Officials Qualifying Meet: This meet will NOT be offered as an “Officials Qualifying Meet” (OQM) for certification and recertification to N2 and N3.
- Questions: Please contact the Meet Director with questions or concerns about assignments and/or availability.

## **WARM-UP AND MEET SCHEDULE**

**Pre-Session Warm-Up:** Warm up times and lanes will be assigned unless otherwise noted. Assignments will be posted on the meet landing page and communicated accordingly to the “lead” coach for each team.

Circle swimming only, entry into the water shall be feet first three-point entry for all competition, except in designated lanes and times. All entry to pools during open warm-up cool down periods must be from the start end. Teams should plan to do starts, sprint and pace work within their assigned warm-up time. No snorkels, kickboards or other training devices are allowed during warm-ups.

Swimmer(s) without a coach present are to report to the Meet Director prior to warm-ups for lane assignment.

**In-Meet Warm-Up:** At least one 25y lane will always be available in the waterpark area throughout the meet.

## **ENTRY INTO THE MEET**

**Swimmer Eligibility:** All swimmers must be Current Wisconsin LSC registered athlete members of USA Swimming and in good standing. All individual swimmers entered in the meet shall be eligible to swim in the meet, having at least one verifiable qualifying time. Swimmers who cannot verify qualification for the meet with a proof of time will be withdrawn from the meet. Any swimmer who swims in the meet and is found ineligible will be disqualified from the meet, forfeit all awards and points achieved and their club fined \$200. There will be no deck entries or registration. The representative submitting entries shall be responsible for verifying that all swimmers satisfy these requirements.

**Qualifying Times:** If a swimmer, age 14 or under, has achieved the WI State cut in a given race, they can enter the Senior age group for that event, if and only if, they have NOT achieved the WI State cut in the Senior (15&Over) age group. Any swimmer that has already achieved the Senior (15&Over) cut is not allowed to swim that race.

**Seeding:** Non-conforming times will be seeded after LCM times. The order used for seeding will be LCM-SCM-SCY. Bonus entries will be seeded after qualified swims in the same order.

**Age Groups:** The following age groups will be used: 10 and Under, 11-12, 13-14, and Open. Meet Management has the right to combine age groups for competition then separate for scoring.

**Entry Limits:** A swimmer may compete in not more than seven (7) individual events total for the meet, excluding time trials events. A swimmer may compete in no more than five (5) individual events per day, including time trial events.

**Relay Events:** Relays may be held at the discretion of meet management. Relays will be pulled from the order of events if time or facility constraints require so. Teams may enter unlimited teams in relay events. Swimmers MUST be registered as an athlete in the meet in order to complete in relays...NO RELAY ONLY SWIMMERS.

Entry Fees: \$8.00 per individual event / \$16.00 per relay event  
\$4.00 Wisconsin Swimming "Splash Fee" / \$7.00 Rec Plex Facility Fee  
**Added 7/1/21: \$10.00 Admission Fee**

Submitting Entries: Submit entries via email using Hy-tek or Team Unify entry files. **Entries are due by 8:00 PM CST on Monday, July 12th** and must be emailed to [entrychair@swimswat.org](mailto:entrychair@swimswat.org). USA Swimming SWIMS Verification will be used through a RECON to verify all entries into the meet. Entries received after the deadline will be accepted if space allows and upon remittance of a \$100 late fee. Confirmation of your entries will be sent. If you do not receive confirmation, please email the Entry Chair.

Contact [entrychair@swimswat.org](mailto:entrychair@swimswat.org) if you cannot submit an entry via Hy-Tek or Team Unify entry file. Manual entries will include a \$20 per swimmer admin fee.

Corrections after the preliminary psych sheet posting will be for administrative errors only.

Payment: A non-refundable check for entry fees and surcharges must be received before the start of the meet. All payments must be made via cash or check. Credit cards will not be accepted. Checks should be made payable to SWAT.

Psych Sheet: A preliminary psych sheet will be posted to the meet landing page and LSC page no later than 6:00 PM on Wednesday, July 14<sup>th</sup>. Any changes after the preliminary psych sheet posting will be for administrative errors only.

A team owing a proof of time penalty or an unattached swimmer owing a proof of time penalty may not enter an LSC sanctioned or approved meet until the proof of time fine is paid. The Meet Director shall inform the Sanction Coordinator about the team or unattached swimmer owing the outstanding fine and provide contact information. The Sanction Coordinator shall advise the team or the unattached swimmer regarding the fine and inability to participate in another sanctioned or approved meet.

## **CONDUCT OF THE MEET**

Format: All events in this meet will be timed final events. Flyover starts will be used. Swimmers may be asked to report to a bullpen with multiple staging points before going behind the blocks for all events. Any procedures requiring the use of masks will be based on facility and municipality restrictions at the time of the meet. These procedures will be clearly explained at the coaches meeting.

Events 400m or longer may be combined by age, gender, or both at the discretion of Meet Management. All events 400m or longer will be positive check events. The positive check will close on Friday at 5:00 PM, Saturday at the conclusion of event #54, and Sunday at the conclusion of event #100.

Breaks: Breaks may be inserted and removed at the discretion of the Meet Referee.

## **AWARDS AND SCORING**

Awards: Individual Events: Ribbons for 1<sup>st</sup> through 16<sup>th</sup> Place. No awards for Open or Relay events.

Individual High Point: 1<sup>st</sup> to 3<sup>rd</sup> Place for each gender in the following age categories: 10u, 11-12, 13-14. No awards will be given for Open athletes.

Award Presentations: No award presentations will take place. All awards will be bagged and can be picked up at the conclusion of the meet. Awards WILL NOT be mailed. Any awards not picked up will be brought to the 13+ State Meet. Any awards not picked up by the end of the 13+ State Meet will be forfeited.

Scoring: 20 Place Scoring will be used for all events. Relays will score double.  
Individual Events: 24-21-20-19-18-17-16-15-14-13-11-9-8-7-6-5-4-3-2-1  
Relay Events: 48-42-40-38-36-34-32-30-28-26-22-18-16-14-12-10-8-6-4-2

Results: Live Results will be available on Meet Mobile if technology allows. Live results with scratches will be available via Google Sheets. A link to live results will be posted on the meet landing page.

Results will be posted on the Meet Landing Page and LSC website. Hard copies of results will be posted in the hallway between the Aqua Arena and the Rec Plex Gymnasium.

### **TENTATIVE SESSION SCHEDULES**

*The meet host has the right to adjust the times once entries are received. All adjustments will be communicated with lead coaches from each team.*

*Each team will be given a 30-minute warm-up session. There will be two or three warm-up sessions based on the number of athletes participating in each session.*

#### **FRIDAY**

Warm-Up: 4:30 PM

Timed Finals: 5:35 PM or 6:05 PM

#### **SATURDAY**

AM Warm-Up: 7:30 AM

AM Timed Finals: 8:35 AM or 9:05 AM

PM Warm-Up: 10 minutes after end of AM

PM Timed Finals: 65 or 95 minutes after Warm-Up

#### **SUNDAY**

AM Warm-Up: 7:30 AM

AM Timed Finals: 8:35 AM or 9:05 AM

PM Warm-Up: 10 minutes after end of AM

PM Timed Finals: 65 or 95 minutes after Warm-Up

### **TIME TRIALS**

Time trials will be held at the conclusion of Saturday and Sunday PM sessions at the discretion of meet management. Please see the separate Time Trial sanction for complete information.

## ORDER OF EVENTS

**THIS MEET IS RESTRICTED TO SWIMMERS WITHOUT STATE QUALIFYING TIMES. IF YOU HAVE A STATE QUALIFYING TIME (IN ANY COURSE) YOU ARE NOT ELIGIBLE TO SWIM THAT EVENT.**

*All events 400m and shorter will be pre-seeded and swam slow to fast.*

*All events longer than 400m will be positive check and swam fast to slow*

| Girls     | FRIDAY PM       | Boys      |
|-----------|-----------------|-----------|
| <b>1</b>  | 11-12 200 IM    | <b>2</b>  |
| <b>3</b>  | 10&U 200 IM     | <b>4</b>  |
| <b>5</b>  | Senior 400 IM   | <b>6</b>  |
| <b>7</b>  | 13-14 400 IM    | <b>8</b>  |
| <b>9</b>  | 11-12 400 Free  | <b>10</b> |
| <b>11</b> | 10&U 400 Free   | <b>12</b> |
| <b>13</b> | Senior 800 Free | <b>14</b> |
| <b>15</b> | 13-14 800 Free  | <b>16</b> |

| Girls     | SATURDAY AM            | Boys      |
|-----------|------------------------|-----------|
| <b>17</b> | 10&U 200 Medley Relay  | <b>18</b> |
| <b>19</b> | 11-12 200 Medley Relay | <b>20</b> |
| <b>21</b> | 10&U 50 Free           | <b>22</b> |
| <b>23</b> | 11-12 50 Free          | <b>24</b> |
| <b>25</b> | 10&U 50 Fly            | <b>26</b> |
| <b>27</b> | 11-12 50 Fly           | <b>28</b> |
| <b>29</b> | 10&U 50 Back           | <b>30</b> |
| <b>31</b> | 11-12 50 Back          | <b>32</b> |
| <b>33</b> | 10&U 100 Breast        | <b>34</b> |
| <b>35</b> | 11-12 100 Breast       | <b>36</b> |
| <b>37</b> | 10&U 200 Free          | <b>38</b> |
| <b>39</b> | 11-12 200 Free         | <b>40</b> |

| Girls     | SATURDAY PM             | Boys      |
|-----------|-------------------------|-----------|
| <b>41</b> | Senior 200 Medley Relay | <b>42</b> |
| <b>43</b> | Senior 200 Free         | <b>44</b> |
| <b>45</b> | 13-14 200 Free          | <b>46</b> |
| <b>47</b> | Senior 100 Fly          | <b>48</b> |
| <b>49</b> | 13-14 100 Fly           | <b>50</b> |
| <b>51</b> | Senior 200 Breast       | <b>52</b> |
| <b>53</b> | 13-14 200 Breast        | <b>54</b> |
| <b>55</b> | Senior 50 Free          | <b>56</b> |
| <b>57</b> | 13-14 50 Free           | <b>58</b> |
| <b>59</b> | Senior 100 Back         | <b>60</b> |
| <b>61</b> | 13-14 100 Back          | <b>62</b> |
|           | Break                   |           |
| <b>63</b> | 13 and Over 400 Free    | <b>64</b> |

| Girls     | SUNDAY AM            | Boys      |
|-----------|----------------------|-----------|
| <b>67</b> | 10&U 200 Free Relay  | <b>68</b> |
| <b>69</b> | 11-12 200 Free Relay | <b>70</b> |
| <b>71</b> | 10&U 100 Back        | <b>72</b> |
| <b>73</b> | 11-12 100 Back       | <b>74</b> |
| <b>75</b> | 10&U 50 Breast       | <b>76</b> |
| <b>77</b> | 11-12 50 Breast      | <b>78</b> |
| <b>79</b> | 10&U 100 Free        | <b>80</b> |
| <b>81</b> | 11-12 100 Free       | <b>82</b> |
| <b>83</b> | 10&U 100 Fly         | <b>84</b> |
| <b>85</b> | 11-12 100 Fly        | <b>86</b> |

| <b>Girls</b> | <b>SUNDAY PM</b>      | <b>Boys</b> |
|--------------|-----------------------|-------------|
| <b>87</b>    | Senior 200 Free Relay | <b>88</b>   |
| <b>89</b>    | Senior 100 Free       | <b>90</b>   |
| <b>91</b>    | 13-14 100 Free        | <b>92</b>   |
| <b>93</b>    | Senior 200 Fly        | <b>94</b>   |
| <b>95</b>    | 13-14 200 Fly         | <b>96</b>   |
| <b>97</b>    | Senior 100 Breast     | <b>98</b>   |
| <b>99</b>    | 13-14 100 Breast      | <b>100</b>  |
| <b>101</b>   | Senior 200 Back       | <b>102</b>  |
| <b>103</b>   | 13-14 200 Back        | <b>104</b>  |
| <b>105</b>   | Senior 200 IM         | <b>106</b>  |
| <b>107</b>   | 13-14 200 IM          | <b>108</b>  |
|              | Break                 |             |
| <b>109</b>   | 13 and Over 1500 Free | <b>110</b>  |



## 2021 WISCONSIN LONG COURSE REGIONAL CHAMPIONSHIP TIME TRIALS

July 17-18, 2021

Wisconsin Swimming Sanction #WI2021-264TT

### **TIME TRIAL SCHEDULE**

Time trials may be offered Saturday and Sunday at the conclusion of the PM session at the discretion of Meet Management. Meet Management has the right to limit the length of time trials to 60 minutes.

### **EVENTS OFFERED**

All events offered at the 2021 LCM state meets will be offered on both days of time trials.

The order of events in time trials will be determined by Meet Management. Meet Management reserves the right to combine any stroke, distance, gender, or age group in order to expedite the event.

If an athlete signs up for multiple time trial events, there is NO GUARANTEE there will be "rest time" between the events.

### **REGISTRATION**

Registration for Time Trials will be done completely online. A link to registration will be posted on the Host Club homepage ([www.swimswat.org](http://www.swimswat.org)) and posted throughout the pool area.

The entry fee for time trials is \$15 per event.

Swimmers MUST be registered in the meet to participate in Time Trials per current Wisconsin Swimming rules and guidelines. Deck registration into the meet WILL NOT be allowed.

### **PROCEDURE**

The competition pool will be available for at least 15 minutes of warm-up time at the conclusion of the afternoon session. Athletes are encouraged to use a lane in the waterpark pool if more warm-up time is needed.

There will be a general meeting held on the pool deck after the warm-up session. All athletes and timers are required to attend the meeting.

SWAT will provide officials, a timing system operator, meet management, and stopwatches.

The athlete must provide TWO (2) timers and a lap counter (if applicable).

### **ENTRY LIMITS**

Swimmers may not enter more than SIX (6) events per day including time trials, per USA Swimming 102.2.3 and 102.27. Swimmers may enter unlimited time trial events as long as the daily limit of six (6) total events is not exceeded.

Time trial events DO NOT count as an event for the Regional Meet. The Regional Meet and Regional Meet Time Trial are two separate events.

**WAIVER AND ENTRY SUMMARY FORM**

2021 WISCONSIN LONG COURSE REGIONAL CHAMPIONSHIP

July 16-18, 2021

Wisconsin Swimming Sanction #WI2021-278S

**Please mail waiver and payment to: Brian Temke, 5010 S 37<sup>th</sup> St, Greenfield, WI 53221**

In consideration of the acceptance of this entry, I/we hereby for myself, ourselves, my/our heirs, administrators, and assigns, waive and release any and all claims against USA Swimming, Wisconsin Swimming, Inc., the Village of Pleasant Prairie, the Pleasant Prairie Rec Plex, and the Southwest Aquatic Team, their staff and volunteers for injuries and expenses incurred by me/us at the meet or while on the road to and from the meet. I/we are bonifide amateur athletes and eligible to compete in all events I/we have entered.

I/we also understand that our club will be responsible financially for any damage done to the facility by our athletes at the meet. All athletes entered are current members of USA/Wisconsin Swimming, Inc.

Club Name: \_\_\_\_\_ Abbreviation: \_\_\_\_\_

Entry Chair Name: \_\_\_\_\_

Entry Chair Phone and E-Mail: \_\_\_\_\_

Head/Lead Coach Name: \_\_\_\_\_

Head/Lead Coach Phone and E-Mail: \_\_\_\_\_

Coaches Attending (please list all...required for deck access)

Signature of Team Representative: \_\_\_\_\_ Title: \_\_\_\_\_

Entry Fee Summary

Total Individual Events: \_\_\_\_\_ x \$8.00 \$ \_\_\_\_\_

Total Relay Events: \_\_\_\_\_ x \$16.00 + \$ \_\_\_\_\_

Total Athletes in Meet: \_\_\_\_\_ x \$11.00 (\$4 LSC Fee, \$7 Rec Plex Fee) + \$ \_\_\_\_\_

Total Athletes in Meet: \_\_\_\_\_ x \$10.00 (admission fee) + \$ \_\_\_\_\_

TOTAL DUE = \$ \_\_\_\_\_